

"Festive Family Thanksgiving Cookbook"

Recipe

Cranberry-Pineapple-Date Chutney

Serves 12 ● 1/3 cup portions

Preparation and Cooking Time 25 minutes

Zest from one lemon	12 oz fresh cranberries, or 2 cups
¼ cup or 1 oz. walnuts	1- 1 lb. 4 oz can of pineapple tidbits in its own juice
1 cup chopped dates	1 tsp. lemon juice
½ cup hot water	¼ tsp. ginger

Grate the rind of one lemon. Chop the rind into smaller pieces to make the zest.

Toast ¼ cup of walnuts about 2 minutes in a dry frying pan, stirring once or twice to prevent burning. Set aside.

Blend 1 cup of dates and ½ cup of hot water about 1 minute, some little pieces will remain. Heat dates, lemon zest, pineapple and juice in a medium saucepan until boiling. Add rinsed cranberries. Bring to a boil again, and boil gently for 10 minutes. Remove from heat and cool.

Chop toasted walnuts. Add the walnuts and ginger to the cranberry mixture, stir gently and refrigerate until ready to serve.

Nutrition Facts Per Serving: 101 Calories, 2 g Total Fat, 5 mg. Sodium, not a significant source of Saturated Fat or Cholesterol.

Nutrition Tip:

"There are striking contrasts in this chutney: astringent, tart, sour, sweet, soft and crunchy. This is an adventurous lift for a traditional Thanksgiving meal."

Jeanne Silberstein, MPH, RD.

